



 **100%**
HEALTH SCORE

Sage and Garlic Vegetable Bake

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



105 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

Ingredients

- 1 medium butternut squash peeled cut into 1-inch pieces (3 cups)
- 2 medium parsnips peeled cut into 1-inch pieces (2 cups)
- 28 oz stewed tomatoes undrained canned
- 2 cups green beans frozen (from 12 oz bag)
- 0.5 cup onion coarsely chopped
- 0.5 cup quick-cooking barley uncooked
- 0.5 cup water
- 1 teaspoon sage dried

- 0.5 teaspoon lawry's seasoned salt
- 2 cloves garlic finely chopped

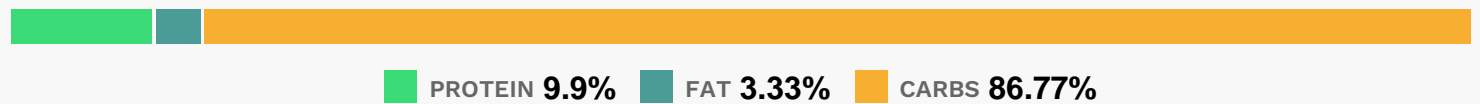
Equipment

- oven

Directions

- Heat oven to 375°F. In ungreased 3-quart casserole, mix all ingredients, breaking up large pieces of tomatoes.
- Cover casserole.
- Bake 1 hour to 1 hour 15 minutes or until vegetables and barley are tender.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:6.91, Inflammation Score:-10, Nutrition Score:37.343478161356%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 310.11kcal (15.51%), Fat: 1.26g (1.94%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 73.86g (24.62%), Net Carbohydrates: 58.53g (21.28%), Sugar: 17.69g (19.65%), Cholesterol: 0mg (0%), Sodium: 752.61mg (32.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Vitamin A: 20658.11IU (413.16%), Copper: 2.13mg (106.3%), Vitamin C: 76.89mg (93.19%), Manganese: 1.48mg (74.03%), Fiber: 15.32g (61.3%), Vitamin K: 48.57µg (46.26%), Potassium: 1584.87mg (45.28%), Vitamin E: 5.74mg (38.25%), Magnesium: 147.07mg (36.77%), Folate: 140.22µg (35.05%), Iron: 5.73mg (31.81%), Vitamin B1: 0.46mg (30.34%), Vitamin B3: 5.8mg (28.99%), Vitamin B6: 0.58mg (28.87%), Phosphorus: 241.02mg (24.1%), Calcium: 224.63mg (22.46%), Selenium: 13.59µg (19.42%), Vitamin B5: 1.67mg (16.69%), Vitamin B2: 0.24mg (14.06%), Zinc: 1.8mg (12.03%)